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Successful Aging is Everyone's Business – This is Your Community, Let's Get Together to Enhance it! Join the Broome Age-Friendly Movement.

Broome County has recognized the benefits of becoming an Age-Friendly Community, economically, environmentally, and socially. The goal of the Age-Friendly Project is for the community to actively work together toward being a great place to live for people of all ages.

Age-Friendly Community Update:

Broome County submitted an application to AARP in August 2018 allowing us to move forward with the Age-Friendly process for our county.

The required community needs assessment survey is complete and in the process of being analyzed. The Office for Aging would like to thank everyone who completed the survey and attended the focus groups. The goal of the survey was to learn about the needs of older adults.

We are currently looking for interested community members to serve on work groups to help write the action plan. The work groups consist of the following domains: transportation, housing, outdoor spaces and buildings, community and health services, communication and information, civic participation and employment, social participation, and respect and social inclusion.

These groups will use the survey data to come up with solutions to make Broome County more appealing and livable for people of all ages. The groups will also look at current community features to evaluate any gaps and identify other needs.

There are many current projects going on across Broome County which fit nicely into Broome's Age Friendly Plan. Here are a few examples:

- The City of Binghamton is working on "complete streets", including the corner of Hawley and Chenango Streets. They are making this intersection easier for all ages to cross safely.
- Dorchester Park is becoming more accessible for individuals of all ages through paved walkways, updated boat launches, and more.
- BC Transit has made some recent improvements to make your next ride better. To make it easier to find route directions, try BC Transit's Google Transit route locator. You can find this on the BC Transit website or simply go to Google Maps and select the transit icon.

If you have questions or know someone who would be interested in this project, please let us know.

Contact information: Office for Aging, 607-778-2411 or email: OFA@co.broome.ny.us
Mail: BCOFA- Age Friendly Project, PO Box 1766, Binghamton, NY 13902

More information is available on the website:
<http://gobroomecounty.com/senior/Age-FriendlyCommunityInformation>

Understanding Medical Language Improving Your Health Is As Easy As "Ask Me 3"

Imagine you are at the doctor's office. After your exam, your doctor says you have "diabetic neuropathy" or "hypertension." Do you know what this means?

What if your doctor says you have "nerve problems," "high blood pressure," or "heart disease?" You may recognize these terms, but do you know how they will affect your health? Do you understand what changes you have to make?

If health care visits leave you with more questions than answers, you are not alone. Most people want health information in easy-to-understand, plain language. Tell your doctors, nurses, pharmacists and other members of your health care team when you do not understand the information they give you. It will help you learn how to better take care of yourself.

Take steps to help you get the answers you need:

1. **Don't be shy—ask questions.** Bring a list of questions to your appointment so you do not forget. The Partnership for Clear Health Communication at the National Patient Safety Foundation (NPSF) suggests using its "Ask Me 3" program of three simple but important questions:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

If you can get answers to these three questions, you will have the information necessary to help you actively participate in your health care.

Call back later if you think of more questions after your visit.

2. **Bring a family member or friend.** This
- Continued on Page 5*



Age Friendly in Broome County

How does Medicare cover prescription drugs?

Medicare Part A covers the drugs you need during a Medicare-covered stay in a hospital or skilled nursing facility (SNF).

Note: If you are getting SNF care that is not covered by Part A, your drugs may be covered by Part D.

Medicare Part B covers most drugs administered by your provider or at a dialysis facility, but the provider or facility must buy and supply the drugs. Part B also covers some outpatient prescription drugs, mainly certain oral cancer drugs (chemotherapy). Outpatient drugs previously paid for by Part B (such as oral anti-cancer drugs) will continue to be paid for by Part B. Part D cannot pay for any of your drugs that are covered by Part B.

Medicare Part D covers most outpatient prescription drugs (drugs you fill at the pharmacy). Check your plan's formulary (its list of covered drugs) to find out whether it covers the drugs you need.

Most importantly, if you experience issues accessing your medication, take these steps:

Become familiar with how your medication is covered: Use the information above, contact your local HIICAP (see info below) or call 1-800MEDICARE to learn about which part of Medicare should cover your medication. If it is a Part D drug, check that it is on your plan's formulary and see if there are any coverage restrictions imposed by your plan.

Ask your pharmacist or provider to submit claims to the correct part of Medicare: If your pharmacist is having trouble billing to Medicare/your Part D plan, or if you are being denied coverage for a drug, it is possible that the medication is being billed incorrectly. If your provider is unsure of how to submit these claims, tell them they can reach out to your plan or to Medicare for assistance.

If payment is denied, appeal the denial. You have the right to appeal Medicare's or your plan's denial. Ask your doctor to help you prove that the medication is medically necessary for you and that you meet the coverage criteria.

If you need help appealing a denial of medication coverage to Medicare or your Part D plan, contact HIICAP (Health Insurance Information Counseling & Assistance Program). This program provides free, unbiased, confidential help with health insurance questions and concerns. They can also assist you in choosing a Part D plan which is right for you during initial enrollment or review your current coverage during open enrollment each year (October 15 to December 7). Contact HIICAP at Action for Older Persons in Vestal (607-722-1251) or visit them online at <https://actionforolderpersons.org>. Medicare information is also available at <https://www.medicare.gov/>.



Congratulations to the graduates of the Mission Meltaway program at First Ward Senior Center this past May! The graduates lost a total of 37 pounds and 14 inches off their waists. For more information about the Mission Meltaway program and other Health and Wellness opportunities, please contact the Office for Aging at 607-778-2411.

Senior Center Spotlight

VESTAL SENIOR CENTER

A number of current senior center members remember back to when the brick building at 201 Main Street in Vestal was a Junior High School and their current meeting room was the cafeteria. Now they enjoy the daily hot lunch and a variety of activities at this welcoming and vibrant center.

The Vestal Senior Club meets monthly and provides opportunities for day and overnight trips. There is a weekly knitting group which makes lap robes for veteran and nursing homes. Tai Chi every Friday and a morning indoor walking group three times per week offer opportunities for group exercise.

For those who prefer something more educational, there are nutrition education programs through Cornell Cooperative Extension two times per month, other guest speakers, and the extremely popular Chop & Chat group where participants peel, chop, and bring home vegetables to create their own home-cooked meal. Call ahead to reserve as this twice-monthly group fills up.

For fun and relaxation, the Vestal Senior Center is all about cards – pinochle and bridge are often being played. New players are always welcome, whether or not they know how to play. There are also parties and special events to celebrate holidays year-round which bring people together for food and fun.



Upcoming special events include the AARP driver safety class, the Lourdes mobile mammography van on 8/28, and an evening meal with performance by Harmony Lane on 8/27. Please join us for one of these events or come by any day to check out this welcoming group where you will be greeted with a smile.

The center offers a soup and sandwich bar on Wednesdays and Fridays. Check the back pages of this paper for other luncheon specials and the full schedule of activities.

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-Donna V.

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- + Swelling

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Caregiver Corner

... ideas and information for people caring for others.

Caregiver Event

Veterans' Benefits: Learn How Veterans Can Age in Place

Date: Thursday, August 1
Time: 1:00 – 3:00 PM
Place: Broome County Public Library, 185 Court Street, Binghamton

Presenter: Len Sas, Veterans' Benefits Advisor; plus, a Representative from the Veterans' Health Administration

The Office for Aging, the Veterans' Health Administration, and the NY State Division of Veterans' Services are pleased to present an informational seminar for veterans, spouses, and caregivers on the topic of aging-in-place.

A Veterans' Service Officer will discuss monetary benefits from VA Disability Compensation and Pension, and the basics of how to apply for these benefits. The Veterans' Health Administration will discuss health services available locally, how to access these services, and supports available for caregivers. The Mission Act for improved access to community care will also be discussed.

Pre-registration is requested; please call (607) 778-2411 to reserve your seat.

Caregiver Chat Groups

These informal chats are open to caregivers of any age. No registration required. Call Caregiver Services at 778-2411 with any questions.

Place: **Stay Healthy Center**
Oakdale Mall, Johnson City

Date: Monday, August 5
Time: 1:00 – 2:30 PM

Place: **Broome West Senior Center**
2801 Wayne Street, Endwell
Date: Wednesday, August 21
Time: 9:30 – 11:00 AM

"Life is 10% what happens to us and 90% how we react to it"

Dennis P. Kimbro

Scam of the Month

Ruse Burglary Scam

The Ruse Burglary Scam happens when someone knocks on your door with an excuse to enter your home. They may say that they are from the cable company, gas company, or a public works professional from your City or Town. These scammers' hope is that you will let them into your home which allows them access to steal from you; they may bring a second person with them to slip into the home while you are busy speaking with the first person. To avoid this scam, call the company that the person claims to work for prior to giving them access to your home, do not use a phone number that they provide, use a phone number that you know is for the company.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at 607-778-2411.

Jingle Contest Winner

We are pleased to announce that Peter Fuerst is the winner of the Broome County Office for Aging 2019 Jingle Contest. Peter submitted a YouTube video of singing his jingle accompanied by acoustic guitar. Many people enjoyed hearing Peter perform the jingle live at the Senior Picnic on June 19th. He received a prize of complimentary lunch at the Senior Picnic.

To hear the jingle, go to the Broome County Office for Aging Facebook page to access Peter's video. And don't forget to "Follow" and "Like" Us. <https://www.facebook.com/BroomeCountyOfficeForAging>

Thank you to everyone who entered our jingle contest. Congratulations, Peter, for coming up with an original jingle for the Office for Aging!

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North Fenton Seniors Club

Contact: Ruth, 648-8425

August 21
Resorts World Catskills Casino
Monticello, NY

Johnson City Senior Center

Contact: Kim, 797-3145

October 2
"Real Diamond"
Neil Diamond Tribute Concert
Penn's Peak, Jim Thorpe, PA

Eastern Broome Senior Center

Contact: Arlene, 759-6306

August 22
Hudson River Cruise

September 19
del Lago Resort & Casino
Waterloo, NY

October 8
Still Surfin': A Musical Tribute to the Beach Boys
Penn's Peak, Jim Thorpe, PA

It's Back! Baked Potato Bar!

When: Week of August 12th starting around 11:30 AM

Have you missed your favorite foods because you don't use your oven in the summer heat? Let us do the cooking for you. Stop at a participating senior center to enjoy a fresh, delicious baked potato with all the fixings.

Participating senior centers are Northern Broome and Vestal (August 14), Johnson City (August 14 & 15), Eastern Broome (August 14 & 16), and Broome West (August 14, 15 & 16).

No reservations are needed for the baked potato bar. Use your imagination and top your potato with freshly grated cheddar cheese, crumbled bacon, steamed broccoli, chili, chives and sour cream. The combinations are endless. Your potato creation will also come with a bowl of homemade soup, crispy tortilla chips, dessert and a beverage.

The suggested contribution is \$3.50 for those age 60+ and spouse of any age. For those under age 60, the charge is \$4.50. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.

HEALTH & WELLNESS

Zumba

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Mon & Fri	9:30 am	First Ward Senior Center (Binghamton)
Tuesday	12:15 pm	Johnson City Senior Center
Tuesday	9:30 am	Broome West Senior Center (Endwell)
Thursday	2:15 pm	Broome West Senior Center (Endwell)

Bonesaver Class

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.

Mon	7:00 pm	First Ward Senior Center (Binghamton)
Mon, Wed & Fri	10:00 am	First Ward Senior Center (Binghamton)
Mon & Wed	1:00 pm	Johnson City Senior Center
Mon	2:30 pm	Eastside Congregational UCC (Binghamton)
Tues & Thurs	10:15 am	Northern Broome Sr Center (Whitney Pt)

Beginner Gentle Yoga

Help improve flexibility and strength; allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday	9:30 am	Johnson City Senior Center
Friday	10:00 am	Johnson City Senior Center

Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness. \$3 charge

Monday & Friday	9:15 am	Northern Broome Senior Center - no fee
Tuesday	10:30 am	Johnson City Senior Center
Thursday	9:30 am	Broome West Senior Center
Thursday	1:00 pm	Johnson City Senior Center
Friday	9:30 am	Eastern Broome Senior Center - No fee
Friday	10:30 am	Vestal Senior Center

Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday	10:45 am	Johnson City Senior Center
Friday	10:00 am	Broome West Senior Center (Endwell)

Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each students' ability. \$5 charge.

Monday	11:00 am	First Ward Senior Center (Binghamton)
Thursday	1:00 pm	Broome West Senior Center

Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday	8:45 – 9:30 am	Eastern Broome Sr Ctr (Harpursville)
Tuesday	11:00 am	Deposit Senior Center
Tues & Thurs	11:00 am	Broome West Senior Center (Endwell)
Thursday	10:00 - 10:30 am	First Ward Senior Center
Friday	12:30 pm	Johnson City Senior Center

Low-Impact Aerobics

Modified stretches, body movements and routines that improve and tone your body. \$3 charge

Thursday	10:00 am	Johnson City Senior Center
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Osteoexercise Class

Tone muscles using light weights.

Monday	10:00 am	Broome West Senior Center (Endwell)
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Sunrise Yoga Classes

Wednesday	12:30 - 1:30 pm	Northern Broome Sr Center (Whitney Pt)
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Stretch & Strength Class

Tuesday	1:30 pm	Johnson City Senior Center - no fee
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Fusion Exercise Class

Includes a combination of Tai Chi, yoga, and low-impact cardio.

Thursday	11:30 am	Johnson City Senior Center - \$3 charge
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**Complete addresses and phone numbers for all Senior Centers located on pages 10 & 11*

Exercise Equipment Available Daily at the following Senior Centers:

Broome West Senior Center • Northern Broome Senior Center • First Ward Senior Center

Daily Habits Help

It's likely that you've accumulated a bunch of notebooks, envelopes, pens, paperclips, etc. in your home. Round them up today, organize them, and get rid of anything you no longer need. Tasks like this are a good reminder that decluttering is a daily habit. Yes, daily. Do a little every day toward your declutter goal.

Learn more tips on Tuesday, August 13 at 3 PM at Broome West Senior Center.

Looking to apply for SNAP (Supplemental Nutrition Assistance Program) formerly known as Food Stamps? Here are your options for assistance:

Broome County Office for Aging – 607-778-2411
Broome County NY Connects – 607-778-2278
Family Enrichment Network NOEP – 607-723-8313 x827
Broome County Department of Social Services – 607-778-1100

No Stress Snacks

Let's face it, snacking is a part of life for most Americans. While watching a movie or favorite sports team, while reading the paper or while socializing, it is likely you are snacking. There are snack choices which will not add to your waistline, keep you feeling full, and not lead to guilt later.

- Grab a bowl of grapes or try sliced strawberries with powdered sugar on top
- Make air-popped popcorn with a sprinkling of spices like paprika or chili powder and grated low-fat cheese
- Enjoy a handful of nuts (be careful of pre-mixed packages with added oil and sugar)
- Munch on baby carrots dipped in blue cheese dressing
- Try a low-fat mozzarella or cheddar cheese stick with a handful of whole wheat crackers



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EVENTS at the CENTERS

Children's Activities & Fun!

Wednesday, August 7, 10 am
Northern Broome Senior Center
Bring the grandkids and enjoy live animals, bubbles, face painting & more!

Lourdes Mobile Mammography Van Visits

Wednesday, August 28, 10 am – 2 pm
Vestal Senior Center
Lourdes offers mammograms on-site in a handicap-accessible van. Call 798-5723 for appt.

Yoga Class

Thursdays beginning August 15, 10 am
First Ward Senior Center
Traditional yoga taught by certified instructor. Limited supply of yoga mats available to borrow, or bring your own.

Chop & Chat

Classes offered twice each month, 10:15 am
North Shore Towers Center
“Chop & Chat” classes are your chance to create a fresh dish & make new friends! Call 772-6214 for information and schedule.

Music by Orange Blossom Special

Wednesday, August 21, 11 am
Broome West Senior Center
Orange Blossom Special will provide musical entertainment as we spend the day playing midway games & hosting a baked bean cook-off!

Fusion Exercise Class

Thursdays, 11:30 am – 12:30 pm
Johnson City Senior Center
A certified personal trainer will lead workouts combining elements of tai chi, yoga, and low-impact cardio.

Evening Dining w/Harmony Lane

Thursday, August 29, 4 pm
Eastern Broome Senior Center
Enjoy a great meal, good friends, and live music with Harmony Lane!

History Discussion Series: European History

Thursday, August 29, 11 am – 12 pm
Deposit Senior Center
Join us as Nicole Dennis leads this month's discussion on European History.



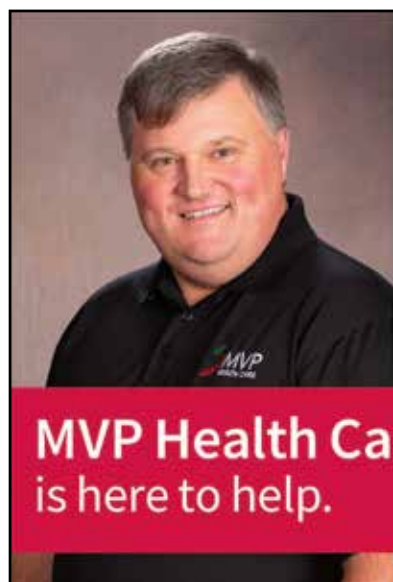
Naturally Occurring Retirement Community Grant to Support Services in Northern Broome County

Rural Health Network received notification in late April from the NYS Office for Aging that we have been awarded a Naturally Occurring Retirement Community (NORC) grant award in the amount of \$199,772. The funding will be used to provide a range of community and health services to help older residents in the Broome County townships of Lisle and Triangle to remain in their homes and community.

The Northern Broome NORC application was inspired in part by Greg Olsen, Acting Director of the NYS Office for Aging. Mr. Olsen presented on the Economic Case for Age Friendly Communities at a September 2018 event hosted by the Broome County Office for Aging. The presentation provided compelling information on the positive impact of older residents on local economies. With the aging of our region and especially our rural communities, it makes sense to support our older residents and ensure that they can live safe, productive and healthy lives in their home and community of choice for as long as possible. This approach benefits both our older residents and the Broome economy. The NORC Program will provide some of the critical services and supports older residents need to age in place and continue living in and contributing to the community and local economy.

The Northern Broome NORC Program will begin with the hiring of staff in September and October 2019. Services are scheduled to begin in January 2020. The five-year program involves a collaboration of education, healthcare, aging services and community partners. Staff will be located at the Northern Broome Senior Center and will work closely with the Broome County Office for Aging on all aspects of the program. Health services will be provided by Lourdes Hospital. The Binghamton University School of Social Work and the Decker School of Nursing will provide interns who will support the program and have valuable field experience. Other partners include the Whitney Point Central School District and the Village of Whitney Point. The Northern Broome NORC will also convene an Advisory Committee comprised of Northern Broome residents and project partners.

Rural Health Network is excited to begin working with our partners and residents of Northern Broome County to implement this program. For more information on the Northern Broome NORC contact Jack Salo, Executive Director, jsalo@rhnsny.org.



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Follow us on Twitter:
[https://
twitter.com/BroomeCountyOFA](https://twitter.com/BroomeCountyOFA)

Understanding Medical Language *Continued from Page 1*

person can help you take notes and hear instructions.

3. **Speak up.** Ask to have instructions repeated until you know what you need to do. Your health care team is there to help you and expects you to ask questions if you do not understand.
4. **Repeat instructions.** This will help your providers understand what you have heard and allow them to clarify anything that needs further explanation.
5. **Ask for more information.** To learn more about your health problems, ask where you can go for additional information such as a web site, hotline number or written materials. The more you know, the more you can help yourself.

For more on how to communicate better with your health care team, go to the National Patient Safety Foundation's Partnership for Clear Health Communication website at

<http://www.ihl.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx>.

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Time Warp! What happened this month 60 years ago?

August 7, 1959—The Explorer 6 transmits the first TV photo of Earth from space.

August 17, 1959—A 7.1 earthquake strikes Yellowstone National Park.

August 21, 1959—Hawaii becomes the 50th U.S. state.

August 26, 1959—British Motor Corporation introduces the Morris Mini-Minor. It was only 10 feet long but seated 4 passengers.

Source: <https://www.onthisday.com/date/1959/august>



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A Six-Week Program – Meeting Once Per Week

To be held at the Johnson City Senior Center

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Call Office for Aging at (607) 778-2411 to sign up and learn more.

Registration includes: *Living a Healthy Life* book, relaxation CD & healthy snacks during workshops.

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Social Security Administration | Publication No. 105-10218 | January 2018
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Nutrient Requirements Change as We Age

Did you know that as we age our requirements for certain nutrients change? We become less efficient at absorbing nutrients, and health conditions such as osteoporosis or cardiovascular disease increase our needs as well. Body fat increases, but our muscle mass and total body water percentages decrease as we age. Our metabolism slows, and we need less food than we did before.

Adequate nutrition is important for physical and cognitive conditions, bone and eye health, as well as for our cardiovascular and immune systems. The number of calories that we require in older age decreases for both males and females. So how do we reach our nutrient goals while eating less foods? We must focus on having an overall healthy diet that includes a variety of different type foods. By increasing our intake of whole fruits and vegetables of all colors, nuts, seeds, 100% whole grains, fish, legumes, and lean proteins we can meet most of our nutrient requirements. We also must decrease refined grains and processed foods.

Older adults require more Calcium, Magnesium, and Vitamin D than before to keep bones healthy and strong to prevent falls and osteoporosis. Magnesium is found in vegetables, 100% whole grains, black beans, and avocados. Vitamin E is important as an antioxidant and to promote a stronger immune system. Vitamin E is found in nuts & seeds such as almonds and sunflower seeds. Our requirements for Vitamin C, Zinc, and Vitamin B6 all increase as well.

Older adults typically do not consume enough Omega-3 fatty acids each day. These are important to protect against inflammation, cardiovascular disease, diabetes, and cognitive decline. Try to add flaxseeds and walnuts, as well as fatty fish such as salmon to your diet.

Sarcopenia, or loss of muscle mass, is common in older adults. Research shows it may beneficial to increase protein intake (if you have healthy kidney function). Multiple your weight by 0.36 to know how many grams of protein to consume each day. Double that if you're an active person. The Cleveland Clinic asked Dietitians to name the top 4 protein sources. Their answer? Beans & legumes, wild salmon, eggs, and Greek yogurt.

Sources:
www.mayoclinic.org
www.ncib.nlm.nih.gov "Nutrition Concerns in Aging Populations"

Summer Word Search

Circle the words below which are hidden from left to right, top to bottom, right to left, and bottom to top. Happy Puzzling! Answers on Page 9

August in Broome County

K	F	S	F	S	H	F	B	K	Y
L	A	P	E	T	Y	X	A	M	C
L	R	I	S	E	P	A	R	K	O
A	M	E	T	S	R	U	B	Y	N
B	E	D	A	N	O	M	E	L	C
E	R	I	V	U	Y	P	C	Z	E
S	S	E	D	S	Y	P	U	R	R
A	X	L	M	A	R	K	E	T	T
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*Reliable transportation is required. Bath Fitter provides equal employment opportunities (EEO) to all employees and applicants for employment without regard to race, color, religion, sex, national origin, age, disability or genetics. In addition to federal law requirements, Bath Fitter complies with applicable state and local laws governing nondiscrimination of employment in every location in which the company has facilities. This policy applies to all terms and conditions of employment, including recruiting, hiring, placement, promotion, termination, layoff, recall, transfer, leaves of absence, compensation and training.

PAID ADVERTISEMENT

Good Times at the 2019 Broome County Office for Aging Senior Picnic!



Annual Pasta Dinner Fundraiser FOR BROOME COUNTY SENIOR GAMES

Thursday, August 8th

5:00-7:00 PM

**Broome West Senior Center
2801 Wayne Street, Endwell**



**\$8 for adults;
\$4 for children 12 and under;
FREE for children 3 and under
Take-out available**



The 2019 Senior Games will be held starting in August and September and will include Disc Golf, Pickleball, Bocce, Floor Shuffleboard, Tennis, Volleyball, Bowling, Racquetball and much more! The Games are open to anyone 55 years and older. Participants do not have to live in Broome County. So join in the fun and stay active!

To participate, please call Sofia at 607-778-2411. For more information, check out our website at www.gobroomecounty.com/senior/games or “like” the Broome County Senior Games on Facebook.

Breakfast Like a King

Have you ever heard the phrase – “Breakfast like a king, lunch like a prince, and dine like a pauper?”

Some studies have shown that there is a benefit to eating most calories during the day when your body can use them, versus eating more at night when you are likely to be sedentary and not need to use them. This style of eating can lead to weight loss and a healthier body mass index. It is even true when there are no changes to the number of calories consumed or any increase in exercise. Unfortunately, many people skip breakfast rather than making it their primary meal of the day, either due to habit, being busy, or mistakenly believing that it helps lose weight.

Now that you know how important a substantial and nutritious breakfast is, what should you have? Think high in protein and fiber (aim for 5 grams or more of each), and low in sugar and fat.

Some “Kingly” breakfasts to try in five minutes or less:

- Thinly-sliced salmon and avocado on whole grain toast
- Whole grain bagel topped with pesto, sliced tomato, and sliced low-fat mozzarella
- Plain yogurt topped with fresh berries and a sprinkling of granola
- Quick-cook oatmeal topped with a drizzle of maple syrup and sliced bananas
- Toasted English muffin topped with a turkey sausage patty and one fried egg

Summer Word Search Answers

August in Broome County



Created with TheTeachersCorner.net Word Search Maker

Best Bets for Breakfast and Brunch

Monday	Tuesday	Thursday
Broome West 10:30 am – 12:30 pm	Eastern Broome 8:00 – 9:30am	Eastern Broome Golden Griddle Brunch 10:30 am – 12:00pm
First Ward 10:30 am – 12:30 pm	Johnson City 10:30 am – 12:30 pm	Northern Broome 10:00am – 12:30 pm

Walk-ins

Welcome



Enjoy made-to-order pancakes, waffles, French toast, omelets. Call center for exact menu and additional details.

Broome County
Office for Aging

607-778-2411
www.gobroomecounty.com/senior

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Look What's Happening at the Centers!

BROOME WEST..... 785-3427

2801 Wayne St., Endwell, NY 13760
Center Hours: Mon - Fri, 9:00am - 3:00pm
Lunch served at Noon call 785-1777
Breakfast for Lunch: Mon 10:30am - 12:30pm
Sandwich and Soup Bar: W/Th/F, 11:15 am – 12:30pm

Weekly Activities: Exercise classes listed on page 4
Daily: Wii, Cards, Billiards, Shuffleboard
M: Bingo 9:30 am, Quilting 9 am-12 pm; Blood Pressure Checks, 11 am
T: Craft Class 9:30 am (call for schedule); Ping Pong 1-3 pm;
W: Bingo 9:30 am; Scrabble 12:30 pm; Floor Shuffleboard 12:45 pm;
Beginners Canasta, 1 pm
Th: Social Connections 1-2:30 pm
F: Bingo 9:30 am, Craft Class & Adult Coloring 9:30 am, Ping Pong 1-3 pm

Special Activities

- 8/7 Grandparents’ Day Luncheon
w/Accordionist David Hores, 11 am – 12 pm
- 8/8 Senior Games Fundraiser Pasta Dinner (*call for info.*), 5 pm – 7 pm
- 8/12 Special Breakfast: Blueberry Pancakes, 10:30 am – 12:30 pm
“History of Radio” presentation w/Bill Flynn, 1 pm
- 8/13 Bright & Beautiful Therapy Dogs visit, 12:30 pm
Downsize & Declutter Discussion, 3 pm – 5 pm
- 8/14 Senior Games Floor Shuffleboard Tournament
(*call to register*), 9:30 am
- 8/14,15,16 Baked Potato Bar, 11 am – 12:30 pm
- 8/21 Country Fair Day w/Orange Blossom Special, 11 am
Caregiver Chat Group, 9:30 am
- 8/22 Pub Burger Day, 11 am – 12:30 pm
- 8/26 Special Breakfast: Strawberry Fruit Fluff, 10:30 am – 12:30 pm

DEPOSIT..... 467-3953

14 Monument Street, Deposit, NY 13754 (Located in Christ Episcopal Church)
Center Hours: Tues & Thurs, 9:00am - 2:00pm
Lunch served at 12:30 pm

Weekly Activities (call for info):
T & Th: Morning Coffee, Cards, Puzzle Board & Wii 9 am-12 pm; Piano Music 10:30 am
T: Crafts 10:30 am; Chair Exercises 11 am

Special Activities

- Tuesdays: Bingo, 1 pm: 8/6 Nickel; 8/13 Bag; 8/20 Quarter;
8/27 Nutrition
Craft Making, 10:30 am
- Thursdays: Chair Exercises, 11 – 11:30 am
-
- 8/1 Farmers’ Market Coupons Distribution
w/Delaware County Office for Aging, 12 pm
 - 8/6 Annual Trip to Scott’s Family Resort, Oquaga Lake, NY
(*call for info & to register*)
 - 8/8 Grandparents’ Day Observance, 12 pm
 - 8/15 Evening Dining (*chicken parmesan & black forest pudding*)
w/Sizzle, 4:15 pm
 - 8/20 Southern Tier Food Bank at the Fire Station, 11:30 am
Blood Pressures w/Sandy, 11:30 am
 - 8/22 Country Fair Day, 10:30 am – 12 pm
 - 8/29 New History Discussion Series: European History
w/Nicole Dennis, 11 am

EASTERN BROOME..... 693-2069

27 Golden Lane, Harpursville, NY 13787
Center Hours: Mon - Fri, 9:00am - 2:30pm
Lunch served at Noon
Breakfast: Tues, 8 - 9:30 am
Golden Griddle Brunch: Thurs, 10:30 am – 12:00 pm
Sandwich and Soup Bar: Wed, 11:30 am – 12:30 pm
Burger Bar: Fri, 11:30 am - 12:30 pm

Weekly Activities: Exercise classes listed on page 4
Daily: Computers, Coffee Hour, Cards, Billiards
M: Wii Practice/Play 9-11 am, Shuffleboard 10 am
W: Woodworking w/Mark Young 9 - 11 am; Stitching/Crafts 9-11 am
Th: Acrylic Painting 9 - 11 am
F: Shuffleboard 9:15 am

Special Activities

- Mondays: Mobile DMV, 10 am–3 pm (Closed 12–12:30 pm for lunch)
Thursdays: Golden Griddle Special: *Grilled Chicken Southwest Salad & cup of Soup*
-
- 8/1,8,22 Bingo, 11:45 am – 1 pm
 - 8/1,2 AARP Smart Driver Course (*enrollment required*), 5 pm – 8:30 pm
 - 8/5 Self-Reflexology & Essential Oils Class (*call to sign up*),
12:30 – 2:30 pm
 - 8/7 Grandparents’ Day Luncheon w/musical entertainment
(*call for info.*), 11 am
 - 8/14,16 Baked Potato Bar, 11:30 am – 12:30 pm
 - 8/15 Evening Dining (*chicken parm sandwich & black forest pudding*)
w/Bingo, 4 pm
 - 8/21 Country Fair Day w/music by Hot Wings & Cold Feet, 9 am – 2 pm
 - 8/28 Legal Aid Society Appointments (*please call for appt*), 9 am – 12 pm
Baked Potato Bar, 11:30 am
 - 8/29 Evening Dining (*rotisserie chicken/strawberry shortcake*)
w/Harmony Lane, 4 pm
Baked Potato Bar, 11:30 am

FIRST WARD..... 797-2307

226 Clinton St., Binghamton, NY 13905
Center Hours: Mon - Fri, 8:00am - 4:00pm & Mon Evenings, 7:00pm - 9:45pm
Lunch served at 11:45 am call 729-6214
Mondays: Breakfast for Lunch, 10:30 am- 12:30 pm (No Reservations Required)

Weekly Activities: Exercise classes listed on page 4
Daily: Billiards
M: Bingo 12:30 pm; Texas Hold'em 12:45 pm
T: Shuffleboard 9:00 am; Knitting 9 am; Pinochle 12:30 pm; Texas Hold'em 12:30
W: Ceramics 9:00 am; Chorus 9:30 am
Th: Sewing 9:00 am; Mahjong 12:30 pm; Craft Class 1:00 pm
F: Ceramics 9:30 am; Dominos 12:30 pm; Texas Hold'em 12:45 pm

Special Activities:

- Mondays: Roberson International Folk Dancers (*all welcome/no partner needed*), 7:30 – 9:45 pm (*If you have a group that would like to use the center, please call 797-2307*)
Tuesdays: CHOW Mobile Market (*please call for updates/time changes*), 9:30 am
Thursdays: Standing Yoga Class beginning 8/15 (\$3/class), 10 am
-
- 8/5 Breakfast for Lunch: French Toast Casserole, 10:30 am – 12 pm
 - 8/7 Grandparents’ Day Luncheon, 11:45 am
Social Club, 1 pm
 - 8/8 Summer FUNdraiser w/Rich Wilson, 12:15 pm
 - 8/14 Legal Aid Society Appointments (*call for appt*)
 - 8/15,22,29 Standing Yoga w/Patty (\$3/class), 10 am
 - 8/15 Philly Cheesesteak Day w/Orange Blossom Special, 11:30 am
 - 8/21 Country Fair Day w/Doc Weismore, 11:45 am
 - 8/27 Senior Games Billiards (*call 778-2411 register*), 9:30 am

"In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact."

Les Brown

JOHNSON CITY.....797-3145

30 Brocton St., Johnson City, NY 13790
Center Hours: Mon - Thurs 9:00am - 4:00pm; Fri 9:00am - 2:00pm
Lunch served at 11:45 call 797-1149
Hot Lunch (Reservations): M/W/Th/F
Walk-Ins Welcome:
Sandwich & Soup Bar: Wed/Thurs, 11:45 am - 12:30 pm
Breakfast for Lunch: Tues, 10:30 am - 12:00 pm

Weekly Activities: Exercise classes listed on page 4
M: Watercolor Painting 9 am; Knit/Crochet 11:30am;
Bingo 12:30 sales/1:30 play; Poetry 1 pm; Pitch (cards) 1 pm
T: Guitar 9 am; TOPS 9 am; Shuffleboard (recreational) 12:30 pm
W: Quilting 9 am; Bridge (cards) 10 am; Pinochle, Penny Bingo 12:30 pm;
Writers’ Workshop 1 pm; Mahjong 1 pm
Th: Oil Painting, Guitar both 9 am; CHOW Mobile Market 10:30 - 11:30 am;
Group Meditation 1:30 – 2:30 pm
F: Watercolor Painting 9:30 am; Ladies Singing 10:30 am; Chair exercises 12:30pm
Special Activities:

- 8/7 Grandparents’ Day Luncheon, 11:45 am
Book Club: “Wives of War” by Soraya M. Lane, 3 pm
- 8/14,15 Baked Potato Bar, 11:45 am
- 8/15 Legal Aid Society Appointments (*please call for appt*),
9 am – 12 pm
- 8/17 AARP Smart Driver Course (*registration required*), 8:30 am – 3 pm
- 8/20 Nutrition Education w/Cornell Coop. Extension, 11:30 am
Cooking Demo. by Chef Weaver, 1:30 pm
Red Hat Society Meeting, 3:30 pm
- 8/21 Blood Pressure & Glucose Checks
w/The Medicine Shoppe, 10 am – 12 pm
Country Fair Day, 11:45 am
- 8/28 Haircuts for Men & Women by Debbie Roberts
(*please call for appt*), 10 am – 11:30 am

NORTHERN BROOME 692-3405

12 Strong's Place, Whitney Point, NY 13862
Center Hours: Mon - Fri, 9:00am - 3:00pm
Lunch served at Noon
Sandwich & Soup Bar: Mon, Tues, Wed 11:30am - 12:30pm
Breakfast for Lunch: Thurs 10-12:30 pm
Pub Burger: Fri 11:30 am - 12:30pm
Weekly Activities: Exercise classes listed on page 4
M: Tai Chi 9:15 am; Horse Racing (1st/3rd) 10:30 am;
Bingo 10:30 am; Adult Coloring Class 12-2pm
T: Computer Class 9:30; Osteo Exercise 10 am; Quilt/Sewing Class
10 am-3 pm; Bridge Card Group 12 pm
W: Shuffleboard 10 am; Bunko (dice game), 12:30 pm,
Sunrise Yoga 12:30 pm; Knitting 1 pm
Th: Wii Bowling, Osteo-Exercise, Pitch (cards) 10 am; Blood Pressure
Testing (1st/3rd) 11 am
F: Tai Chi 9:15 am; Bingo, 10:30 am; Crafts w/Denise, 10:30 am

Special Activities:

- 8/2 Celebrate National Ice Cream Sandwich Day with a frozen treat, 12 pm
- 8/7 Grandparents’ Day Luncheon, 10 am
ZenTangle Class w/Doris Wilbur, 1 pm – 3 pm
- 8/13 Evening Dining (*chicken parm sandwich & black forest pudding*)
w/Rich Wilson, 4:30 pm
- 8/14 Baked Potato Bar, 11 am
- 8/21 Country Fair Day w/Gary Teed & Co., 11 am
- 8/27 Evening Dining
w/Bingo (*rotisserie chicken & strawberry shortcake*), 4:30 pm
- 8/28 Music by Dan & Leah, 11:45 am

“You can't help getting older, but you don't have to get old”

George Burns

NORTH SHORE..... 772-6214

24 Isbell St., Binghamton, NY 13901
Center Hours: Mon - Fri 10:00am - 2:00pm
Lunch served at Noon

Weekly Activities:
Daily: Coffee 8 - 11 am, Games and Cards
M: Bingo 10 - 11:30 am
T: Wii Bowling 10 - 11:30 am
W: Dice & Card Games 10 - 11:30 am
Th: Dice & Card Games 10 - 11:30 am
F: Wii Bowling 10 - 11:30 am

Special Activities:
Thursdays: Blood Pressure Screenings with Nurse Sue & Nurse Chrissy
on 10th Floor, 9–11 am

- 8/1 Breakfast for Lunch: Breakfast Burritos, 11 am – 12:30 pm
- 8/2,30 Gardening, 10:30 am
- 8/7 Grandparents’ Day Luncheon, 12 pm
- 8/8 Music by Harmony Lane, 10 am – 11 am
Taco Salad Lunch Special, 11 am – 12:30 pm
- 8/14 Enjoy a treat for National Creamsicle Day, 10:30 am
- 8/15 Evening Dining (*chicken parm sandwich & black forest pudding*), 5 pm
- 8/21 Country Fair Day, 12 pm
- 8/27 Ice Cream Social, 10:30 am
- 8/28 Scrapbooking, 10:15 am

“All things are difficult before they are easy”

Dr. Thomas Fuller

VESTAL 754-9596

Old Vestal Junior High School Cafeteria / 201 Main St., Box #4, Vestal, NY
Center Hours: Mon - Fri, 9:00am - 2:00pm
Lunch served at 11:45am
Sandwich and Soup bar: W/F, 11:45 am- 12:30 pm
Weekly Activities: Exercise classes listed on page 4
Daily: Coffee Klatch, Cards, Games
M: Walking Group 8 am
T: Pinochle 9:30 am
W: Walking Group 8 am; Crochet/Knitting 9:30 am;
Bridge Group 9:30 am; Computer Instruction 10 am;
Chair Exercises 10:30; Oil Painting 1-3 pm
Th: Bingo (1st & 3rd) 10:15 am; Ice Cream Day 12:00 pm;
Bridge Group 12:30 pm
F: Walking Group 8 am; Mahjong 9:30 am

Special Activities:

- 8/1,15 Bingo, 10:15 am
- 8/5,19 Chop & Chat (*reservations required*), 10:30 am
- 8/5 King High Card Game, 12 pm
- 8/7 Grandparents’ Day Luncheon, 11:30 am
- 8/14,28 Nutrition Education w/Cornell Coop. Extension, 10:30 am
- 8/14 Baked Potato Bar, 11:30 am
- 8/15 Philly Cheesesteak Day, 11:30 am – 12 pm
- 8/16 Vestal Senior Club Trip Sign-Up Day: Shawnee Playhouse, 9:30 am
Pizza or Chef Salad Lunch, 11:30 am
Bunko Dice Game w/Prizes, 12 pm
- 8/20 Breakfast for Lunch: French Toast, 11:30 am – 12 pm
- 8/21 Country Fair Day, 11:30 am
- 8/22,23 AARP Smart Driver Course (*registration required*), 10 am – 1:45 pm
- 8/26 Vestal Senior Club Trip Sign-Up Day: Fall Foliage Tour, 9:30 am
- 8/27 Vestal Senior Club Meeting, 12:30 pm
Evening Dining (*pub burgers & strawberry shortcake*), 5 pm
- 8/28 Lourdes Mobile Mammography Van Visits (*by appt/call for info*),
10 am – 2 pm

MEET, GREET & EAT

August Menu - Bon Appétit!

At all Broome County Senior Centers. **Reservations are needed by noon the day before.** Menu subject to change.
A contribution of \$3.50 is requested for people age 60+ and spouse of any age. Those under age 60 are charged **\$4.50 per meal.**
No one age 60+ shall be denied a meal due to an inability or unwillingness to contribute.

Need to Reduce Sugar and Calorie Intake?
We offer a non-concentrated sweets (NCS) lunch menu for those who are watching sugar and calorie intake. If you would like to take advantage of this modified menu option, please tell the receptionist at the senior center that you would like the NCS menu.

				Perogies w/ Kielbasa & Onions Sliced Carrots Ice Cream Cup	1	Broiled Fish w/ lemon OR Sliced Roast Beef w/ Gravy Macaroni & Cheese Green Beans Vanilla Cake w/ Icing	2		
Meatball Parm. Sub Minestrone Soup Fresh Orange M&M Cookie	5	Sweet & Sour Pork over Brown Rice Pilaf Corn Broccoli LF Blueberry Muffin	6	Grandparent's Day! Hot Dog w/ Onions Macaroni & Cheese Mandarin Oranges Chocolate Chip Cookie	7	Beef Stew over Biscuit Cauliflower w/ Parsley Warm Spiced Peaches Applesauce Bar	8	Italian Chicken OR Parm. Crusted Broiled Fish Seasoned Quinoa Cucumber & Tomato Salad Fruited Gelatin w/ Topping	9
Chicken Alfredo over Rotini Pasta Green Beans Banana	12	Breaded Pollack OR Halupki w/ Tomato Sauce Mashed Potato w/ Gravy Caesar Salad LF Cinnamon Muffin	13	Cilantro Lime Chicken OR Braised Mexican Pork Shoulder Mexican Rice, Peas Lemon Pudding w/ Topping	14	Four Cheese Baked Penne Casserole Broccoli Orange Cranberry Crumb Bar	15	Beef Stroganoff OR Spinach Parm. Pollack Buttered Noodles California Blend Vegetables Pineapple & Mand. Oranges	16
Mozzarella Pasta Bake Green Beans Banana Sugar Cookie	19	Salisbury Steak w/ Gravy Mashed Potatoes w/ Gravy Brussel Sprouts Cinnamon Apple Slices	20	Country Fair Day! BBQ Chicken Fillet Sand. w/ Lettuce & Pickles Baked Beans Macaroni Salad Strawberry Shortcake w/ Topping	21	Cubed Chicken Spiedie OR Sausage Link w/ Peppers & Onions Fresh Cubed Cantaloupe Broccoli Cavatelli Salad Black Forest Pudding w/ Topping & Cherries	22	Salmon Patty w/ Dill OR Basil Chicken Breast Mashed Potatoes w/ Gravy Beet, Cucumber & Onion Salad LF Banana Cake w/ Vanilla Icing	23
Macaroni & Cheese Stewed Tomatoes Sliced Carrots Chocolate Chip Cookie	26	Honey Ginger Chicken Dijon Roasted Potatoes Tangy Coleslaw Pineapple Upside Down Cake	27	Beef Stroganoff Buttered Noodles Beets Vanilla Pudding w/ Mandarin Oranges	28	Sliced Turkey w/ Gravy Mashed Potatoes w/ Gravy Corn Cubed Honeydew	29	Meatloaf w/ Gravy OR Spinach Parm. Pollack Baked Potato w/ Sr. Cream Italian Blend Vegetables Raspberry Brownie Delight	30

Funded by: NYSOFA, US Dept. of Health & Human Services – Administration on Community Living and Broome County Office for Aging

Broome County Office for Aging
County Office Building
60 Hawley Street
PO Box 1766
Binghamton, NY 13902

SENIOR CENTER

AUGUST EVENTS

Grandparents' Day Observance
Wednesday, August 7, beginning around 11:30 am
At Participating Senior Centers
Bring your grandchildren to a senior center to share the day together! Have a fun lunch that all ages will enjoy, including macaroni and cheese, a hot dog, fruit and a chocolate chip cookie for dessert!

Country Fair Day
Wednesday, August 21, beginning around 11:30 am
At Participating Senior Centers
Celebrate summer and enjoy a day of games, activities, and a taste of the season! Lunch includes a savory chicken sandwich with barbeque sauce, baked beans, macaroni salad, and strawberry shortcake for dessert.

Call the center of your choice to make a lunch reservation. Senior center telephone numbers, the menu, and celebration activities are listed on the back pages of this paper. Lunch is a suggested contribution of \$3.50 for those ages 60+ and spouse of any age. For those under age 60, lunch is a charge of \$4.50. Those age 60+ and their spouse of any age will not be denied service due to an inability or unwillingness to contribute.



Language interpretation for Office for Aging services and programs are available upon request at no cost. Call 607-778-2411.

The Broome County Office for Aging website can be translated into over 100 languages through Google Translate on the left column of the web page, www.gobroomecounty.com/senior.

Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

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